









Getting Fit Class



Willie Henderson Sports Complex 1035 So. 45th Street, San Diego, Ca 92113 (619)-527-3407 Office (619)-527-2335 Fax www.sandiego.gov



Tuesdays & Thursdays 5:00-6:30pm Cost: Free

Ages: 12 - 99



Weights, Elastic strips, Walking, Boxing bag, Aerobics, Zumba, Jump Rope & Stretching









AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINNST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NA-TIOAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTAION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST. HE OR SHE MAY FILE A COMPLAINT ALLEGIING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 236-236-7342 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S.